




# Wellness Service

By Access Your Care : In partnership with  North Somerset Council



[www.accessyourcare.co.uk/wellness](http://www.accessyourcare.co.uk/wellness)

*'here for you'*

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The Wellness service operates in the North Somerset area offering wellbeing telephone calls to people that require them.

The Wellness service aims to help improve and sustain the physical and mental wellbeing of people across North Somerset, allowing them to remain as independent as possible in their own home and communities.

The Wellness service is provided by Access Your Care in partnership with North Somerset Council.

It is a FREE service to residents of North Somerset over the age of 18.

The service operates between the hours of 09:00 and 22:00 seven days a week and referrals will be processed between 09:00 and 17:00 Monday to Friday (except bank holidays).

## Referrals can be made via

Our online referral form, which can be found at:

 [www.accessyourcare.co.uk/wellness](http://www.accessyourcare.co.uk/wellness)

 **Telephone: 01275 874861**

## How can the Wellness Service help?

- Checking people are safe and well
- Maintaining people's independence in the community
- Reducing social isolation
- Signposting people to other community resources, groups, and services
- Exploring the benefits of Technology Enabled Care (TEC)

## Those eligible for the wellness service

- Must be a North Somerset resident
- Must be able to talk on the phone, video call or respond to text
- People who have recently returned from hospital
- People who are caring for someone else
- People recently bereaved
- People with physical or mental health conditions that are at risk of deterioration NB this does not include those with severe and enduring mental health